FRENCH

Bavette à l'Échalote

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**10 min**	**15 min**	**Pan-fry**	**Skirt steak**

Ingredients

- 800 g (1¾ lb) bavette (flank or skirt steak), in 4 portions
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp vegetable oil
- 40 g (3 tbsp) butter
- 4 large shallots, thinly sliced
- 80 ml (⅓ cup) red wine
- 2 tbsp red wine vinegar
- 1 tbsp chopped parsley
- Frites or crusty bread, to serve

Steps

1. Take the steaks out 20 minutes ahead. Pat dry and season with salt and pepper.
2. Heat a heavy skillet over high heat until it smokes lightly. Add the oil.
3. Pan-fry the steaks for 2 to 3 minutes per side, until deep brown outside and rosy at 52°C (125°F). Work in two batches if the pan is crowded.
4. Move the steaks to a warm plate and rest for 5 minutes.
5. Lower the heat to medium. Add half the butter and the shallots to the same pan. Cook for 3 to 4 minutes, stirring, until soft and golden.
6. Pour in the wine and vinegar and deglaze, scraping up the browned bits. Simmer for 2 minutes until syrupy and reduced by about half.
7. Off the heat, swirl in the remaining butter and any juices from the plate. Stir in the parsley.
8. Slice the steaks against the grain, and spoon over the shallots.

Notes

- **Bistro serving:** classic with frites and a green salad dressed in mustard vinaigrette.
- **Other cuts:** flat iron, hanger or onglet suit this sauce too.
- **Doneness:** bavette is best rare to medium-rare; it turns chewy when well done.
- **Twist:** for a non-traditional, sharper sauce, add 1 tbsp capers and a squeeze of lemon with the parsley.